

Licensed by the MAINE DEPARTMENT of EDUCATION

THERAPEUTIC BODYWORK LEARNING CENTER, LLC

Massage/Bodywork Training Concentration Programs

***(Adding 100 plus hours to our 500 Hour
Massage Therapy Core Training Program or use
for 100-271 hrs of Continuing Education Credit)***



**128 Main Street, Suite B Bangor, ME 04401 (207)
947-7087 www.MaineMassageSchool.com**

The *Therapeutic Bodywork Learning Center, LLC (TBLC)* offers:

171 Hour "Polarity Therapy Training/ Associate Polarity Practitioner Level "
(www.mainemassageschool.com/APP%20Flier.pdf)

100 Hour "Engaging the Mind of the Body in your Hands".

Combining one or both of these concentration programs of advanced bodywork study with our comprehensive [500 Hr. Core Massage Training Program](http://www.mainemassageschool.com/500catalog.pdf) (www.mainemassageschool.com/500catalog.pdf) curriculum, increases more in- depth knowledge of bodywork and creates additional tools to develop a successful practice.

Both programs may also be used as Continuing Education credit; or to create the needed educational credit for other state requirements; or to create a *Portfolio for Review for the National Certification Board of Therapeutic Massage and Bodywork* to achieve your Maine Massage License.

TBLC's intention is to create an affordable and flexible avenue of study for licensure qualification and continuing education through small hands-on classes and clinical experience. Our goal is to provide monthly, weekend massage training programs that allow you to continue with your job, care-giving, etc.

Our instructors are dedicated to bringing forth a quality, apprenticeship-like, educational experience for our students, utilizing their own expertise as bodyworkers. Self- care techniques are an integral part of all our training programs. The TBLC experience supports you in connecting with a community of like-minded people interested in learning natural healing techniques. Learn an integrated approach to therapeutic massage that encourages the body / mind / spirit connection.

NOTE: Students creating their own customized programs by either working with the *Portfolio Review for the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB)*; or the *Federation of State Massage Therapy Boards (MBLEx)*, are solely responsible for acquiring the required courses/ credits not taken at the Therapeutic Bodywork Learning Center (TBLC).

See NCBTMB (www.ncbtmb.org) or MBLEx's (www.fsmtb.org) catalogues/ websites for a fuller explanation of how to submit educational credit for their exams

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***** **PART ONE**
Educational Requirements for Maine State Licensure

According to Title 32, section 14306-D of the State of Maine
a person may not claim to be a massage therapist
unless licensed in accordance with this chapter.

Currently, Maine's educational requirements needed to apply for licensure are to:

#1. Demonstrate completion of a course of training consisting of 500 hours or more approved by the state; (NOTE: Students passing the *Therapeutic Bodywork Learning Center's (TBLC)* 500 hour Core Curriculum alone or with added Massage Training Concentration Programs can apply for their Maine State Massage Therapy License.)

#2. or pass the National Examination of the National Certification Board of Therapeutic Massage Bodywork (NCBTMB); or the examination by the Federation of State Massage Therapy Boards (MBLEx). (NOTE: Upon passing your TBLC customized concentration program, a student may combine this training with their previous bodywork training (MT, PT, Doctor, Athletic Trainor, etc.) credit hours to *create a Portfolio to Review* of your education for either the National Certification Board (NCBTMB), or to take the Federation of State Massage Therapy Boards (MBLEx). If your hours are accepted, you may sit for their exams. Upon passing one of these tests, students may apply for their Maine State Licensure in Massage Therapy.)

*** For more information on the licensing process in Maine you can contact:**

Dept. of Professional and Financial Regulation, Office of Licensing and Registration
35 State House Station Augusta, Maine 04333-0035.
PHONE: (207.624.8613)
WEBSITE: www.maine.gov/pfr/professionallicensing/professions/massage

NOTE: Local laws and state laws vary regarding massage requirements. For specific information refer to your state and local authorities. Students creating their own customized programs are solely responsible for the required courses not taken at the TBLC.

See NCBTMB (www.ncbtmb.org)or MBLEx's (www.fsmtb.org) catalogues/ websites for a fuller explanation of how to submit educational credit for their exams

***** **PART THREE**

TBLC Concentration Programs

“ Engaging the Mind of the Body in Your Hands”

100 hours Advanced Hands-on & Research

with Karin Spitfire, LMT

Spring 2012

“ Polarity Therapy Training”

171 hours Associate Polarity Practitioner Level

with Barbara Joseph, RPP

Spring/ Summer 2012

In most cases we will be meeting for two nine to ten hour class days, one or two weekends per month until the required program hours are met. Attendance and promptness are essential in such an intensive program. Failure to maintain satisfactory attendance can result as a student not acquiring all their needed hands-on training.

Programs may be used to increase more in- depth knowledge of bodywork as **Continuing Education credit**; or to create the **needed educational credit for other state requirements**; or to **create a Portfolio for Review for the National Certification Board of Therapeutic Massage and Bodywork**. These programs of concentration may also be added to [TBLC's 500 hour Core Curriculum Massage Therapy Program www.mainemassageschool.com/500catalog.pdf](http://www.mainemassageschool.com/500catalog.pdf) to increase hours on a student's graduation transcript.

All students are given practical evaluations as well as written tests.

A grade is given based on the ability to understand and apply the techniques taught.

Students must maintain a “70” or above to pass

Curriculum

“ Engaging the Mind of the Body in Your Hands”

100 hours Advanced Hands-on & Research

with Karin Spitfire, Licensed Massage Therapist (LMT)

Each tissue, because of its specific structure & function, moves in distinct ways. In each tissue, cell has consciousness or *MIND*. In the body, in the tissues, the *MIND* expresses itself through its movement. This expression/movement can be felt, read and interpreted. Movement is the integration of body/mind, the interface and expression of matter and energy.

This course will: introduce and ground you in *MIND* with **specific hands-on skills** for each tissue group—cellular, skeletal, muscular, membranes (including fascia, ligaments and tendons), organs, fluids, glands and nerves. You will explore the **emotional or consciousness state of each tissue type & how that can be used for healing**. It will also **raise your capacity for attention, intention, resonance & transmission of different body-mind states through both movement and touch**. It will deepen your abilities to sense and

facilitate movement in both your own & your client's bodies, **creating a protocol for exactly what is needed at the moment.**

Level I : Feb. 25-26, March 17- 18, April 14 (50 CE hrs. \$750)

Level II: April 15 & 28-29, June 2-3 & 16 (50 CE hrs. \$750)

Full 100 hr. Program cost: \$1,500
(save \$100 with early reg. by Jan. 15)

Karin Spitfire graduated from the Sarasota School of Natural Healing Arts in 1979. Since then she has been a practicing massage therapist. In 1989 she completed a Master's degree specializing in Body-Mind Therapies which included in-depth training in the somatic movement therapy "*Body-Mind Centering®*." Karin has studied a wide-variety of movement training including: yoga, tai chi, dance, exercise, soft-tissue techniques. She has also studied counseling and expressive therapies in her 32 years of practice. Her credentials in her studies include the following:

Licensed Massage Therapist (Maine)
Registered Counselor (Maine)
Registered Somatic Movement Educator and Therapist (ISMETA)
Certified Body-Mind Centering Teacher and Practitioner
Faculty School for Body-Mind Centering
Faculty Institute for Somatic Movement Studies (Netherlands)
Faculty Green River Dance for Global Somatics (Minneapolis)

" Engaging the Mind of the Body in Your Hands" Syllabus

Classes 5 weekends and a Day. Each class---Focusing on these 8 systems with integration/ review /questions

- I. Cells and Skeletal
- II. Joints and Muscles
- III. Fluids/Membranes/Fascia & integration/review/questions
- IV. Organs and Glands
- V. Nerves, Perceptions
- VI. Questions, review, competency (one day)

Example of Intensive Saturday & Sunday Schedule

8 -9:50 am Experiential Movement & Embodiment of the day's system
10:00 am -12 pm Anatomy of the day's system
12-1 pm Lunch
1 -2:20 pm hands on training in the day's system
2:30-4:50 pm psych/ social / spiritual "mind" of the day's system
5:00- 6:00 pm Integration
Single day : 8 am -7 pm...Questions/ Review and competency

Curriculum

Polarity Therapy Training

171 hours Associate Polarity Practitioner Level

with Barbara Joseph, Registered Polarity Practitioner (RPP)

Polarity is the principle of energy in motion - that energy emerges from and returns to a central unified source. This same law operates in the atom, in the solar system, in the earth, and in the human body. Energy currents flow in, through and around in pulsating waves that form definite patterns. As soon as a circuit is interrupted, changes begin to appear. In the human body that interruption is interpreted as pain or disease.

Polarity Therapy is an integrative approach to health and wellness, a dynamic, holistic healthcare system. It is **based on the concept of "energy as the vital force in the body and the foundation of all life."** It utilizes a fourfold approach to re-establish balance in the energetic patterns through energy-based therapeutic bodywork, nutritional awareness, stretching postures (Polarity yoga) and the influence and importance of one's attitude. Energy is the underlying theme to resolve imbalances that have accumulated from stress, tension, attitudes, trauma and injury. Optimal health is the intended outcome.

This program will share : the background of Polarity Therapy, a fundamental understanding of energy, an overview of energetic nutrition, Polarity Yoga and the importance of attitude and hands-on techniques to give a basic Polarity session.

Upon completion, students will have a basic understanding of the Polarity Therapy Model, which includes the theories and principles of its' founder, Dr. Stone, along with the **necessary skills to assess, evaluate and formulate protocols.** This course will **allow a personal Polarity Process for each student,** which will develop their appreciation of the Polarity Principles as a lifestyle choice. They will also **possess the ability to conduct an entry level Polarity Practice in a professional and ethical manner.**

Based on the guidelines and approved for the Associate Polarity Practitioner status by the American Polarity Therapy Association.

Program cost: \$ 1,925.00 Tuition plus \$50.00 Manual fee

(See additional Fees)

Dates: March 24/25, April 21/22, May 19/20, June30/July 1

July 28/29, August 11/12, August 18/19, Sept. 30

Barbara Joseph, RPP is a Registered Polarity Practitioner (RPP) , Board Certified Polarity Practitioner (BCPP) , Registered Polarity Educator (RPE), A Reiki Master Teacher, Certified Breath Facilitator and a Independent Wellness Consultant. She has been in private practice since 1990 offering Polarity Therapy, Cranial Sacral Therapy, Reiki, Breathwork, Tai Chi, Meditation and Holistic Counseling. She was also founder, director and faculty of "*Holistic Alternatives,*" a Maine licensed proprietary school offering two levels of training programs in Polarity Therapy, and all levels of Reiki training from 1998-2007.

Barbara's expanded scope of practice provides lifestyle and environmental wellness technologies that focus on prevention, accelerate recovery and enhance performance.

She has presented workshops statewide on a variety of topics, and enjoys educating, inspiring and empowering people to take ownership of their health, and their lives.

“Polarity Therapy Training” / Syllabus

171 hours Associate Polarity Practitioner Level

Classroom Hours: 136 Hours/ 7 weekends and a Day.

Each class contains hours in the below subjects plus

Extra hours included in integration / review /questions/ quizzes & tests

Polarity Theory (10 hrs.)

Energetic Anatomy (10 hrs.)

Orthodox Anatomy & Physiology (10.5 hrs.)

Energetic Evaluation (5 hrs)

Bodywork (50 hrs.)

Communication Skills (7 hrs.)

Nutrition (5 hrs.)

Polarity Yoga (5 hrs.)

Business Management & Ethics (5 hrs.)

Home Study Hours: 35 hrs.

Personal Polarity Sessions (# of 1 hr. sessions received) (5 hrs)

Clinical Supervision (# of sessions given outside of class) (30 hrs.)

Example of Intensive Saturday & Sunday Schedule

8 -9:50 am Polarity Yoga, Element Theory

10:00 am -12 pm Anatomy of the day's system

12-1 pm Lunch

1 -2:20 pm Protocols; hands on training in the day's system

2:30-4:50 pm practice sessions

5:00- 6:00 pm Integration

Single day: 8 am -6 pm...Questions/ Review and competency

***** **PART THREE**
ADMINISTRATIVE POLIES

Enrollment / Graduation Requirements

All who wish to enroll in a Concentration Program must:

1. If combining with **TBLC's 500 Hr. Massage Therapy Core Training Program,**
(www.mainmassageschool.com/500catalog.pdf)

the student must be meet all the requirements of enrollment for that program

as well as the requirements below.

2. Be in good physical health, capable of effectively meeting the physical demands of performing bodywork.
3. Have a personal interview. At this time, the prospective student will receive a complete explanation of the program and can receive an enrollment agreement if accepted.
4. Be willing to accept both TBLC's and the program teachers, policies and procedures.
5. Acquire a "70" average or above grade for passing.

Non - Discriminatory Policy: The Therapeutic Bodywork Learning Center (TBLC) accepts students based upon their desire to learn and achieve. TBLC does not discriminate with regard to age, sexual orientation, marital status, race, color, national origin, religion, sex or disability (unless such a disability is determined by a medical authority to qualify the potential student as unfit for the program).

Tuition and Fees : In regards to the training program all potential student are required to **submit an application** to TBLC.

All students are required to sign an Enrollment Agreement. Upon signing this agreement, **a registration fee of \$100 to hold your place in the class** is due.

Students are required to pay **tuition fees depending on the amount of the Concentration Program/s receiving.** Payments are **due before or upon each intensive until paid in full.** *Balance of tuition payments must be paid in full upon last intensive.*

Additional Fees:

- Books will be required. Costs: up to \$100.
- Polarity students are required to have 5 professional Polarity sessions. Estimated cost (\$60 to \$85 per session).
- Massage lotion/ Holster/ Linens may be required depending on your program. Estimated Cost: \$40.00
- Student Liability/ Insurance APTA Membership Fee for Polarity training if not a professional bodyworker. Cost: \$70.

ATTENDANCE / MAKE-UP POLICIES: In most cases intensives will be meeting for two, nine to ten hour class days, one or two weekends per month until the required hours for your program are met. Policies mentioned here are in accordance with the requirements of the *National Certification Board in Therapeutic Massage and Bodywork* instruction and the *Maine Department of Education*. Failure to maintain satisfactory attendance can result in the student not acquiring their full hands-on training credit .

* Attendance is taken at the beginning of each class and those who are not present will be marked **Absent**.

* Students are required to call TBLC to inform the school of their absences

* If a student is more than 10 minutes late for a class hour this will be counted as a **Tardy**.

* **Three tardies** will be counted as **one hour of absence**.

* Students who leave at class break and do not return will be marked absent.

* Students must call when not able to attend classes signed up for.

A "no call - no show" is unacceptable and this strongly reflects on your level of professionalism. More than one " no call, no- show" can be grounds for probation

Make-up Policy : Students are required to attend 100% of the program. If another time is scheduled for make- up work for a number of students, a make- up fee per hour will be divided between those students, in addition to their normal tuition fees. *Engaging the Mind of the Body* has a \$50. per hour make- up fee in addition to normal tuition fees.

Polarity Training has a \$35. per hour make- up fee in addition to normal tuition fees

Student Conduct / Hygiene Policy Students are expected to maintain the highest standards of personal hygiene both in class and when working with clients. This includes no infectious conditions that are unsuitable to perform massage, clean and appropriate clothing, clean hair and body, clean and short fingernails, no perfumes, and clean linens for class training. Smoking is not allowed in the building. Appropriate attire consists of casual clothing which is modest in appearance (ex. polo shirt, pants or walking shorts, closed shoes) and suitable for performing movement and bodywork.

Students are expected to bring their own supplies, massage table to class.

Probation / Dismissal: A student may be placed on probation for any of the following reasons: failure to maintain attendance policies, failure to meet tuition payments and/or failure to meet Student Conduct/ Hygiene policies. Any student whose practical evaluation grade falls below "70" will be placed on **Probation**. Help will be offered to ensure the students success.

Students who show a pattern of absences, violate NCBTMB's Code of Ethics, or the State of Maine's regulations or policies, interfere with another student's learning, steal or destroy property, are obscene in any way, use, consume or distribute alcohol or illegal drugs on school premises or any school activity, fail to maintain proper hygiene or conduct themselves in an unprofessional manner are subject to **dismissal**.

If the student fails to bring their grade level up to a "70" or above within a three month period become subject to **Dismissal**. TBLC reserves the right to dismiss a student if the student fails to complete her/his probationary requirements, fails to meet tuition payments, and/or fails to comply with the Student Conduct/Hygiene policy. The dismissed student will receive a tuition refund, calculated according to any fraction of the program paid for but not completed (at the time of dismissal) minus the enrollment fee, first weekend tuition, and any book money paid to TBLC.

Rescheduling Intensives Policy: TBLC reserves the right to reschedule intensives in whole or in part due to instructor sickness, poor driving weather conditions, or lack of class attendance. Students are required to call when unable to come to class. When weather is a concern students can call. When class is rescheduled a telephone tree will take effect, notifying students of no class.

Student Complaints: Students enrolled in any TBLC training programs which have a grievance involving another student, technique evaluations, technique trainings, etc., need to direct them personally or in writing to Donna Kraft-Smith, LMT to find a resolution.

Termination / Dismissal Refund Policy: Upon enrolling in TBLC the student and TBLC enter into a contractual agreement entitled an **Enrollment Agreement**. This Agreement is a mutually protective and legally binding document between us and assures the conditions and all policies listed throughout this catalog, including the following policies on refunds listed below. A \$100 Registration Fee must accompany the Enrollment Agreement to hold your place in class is due.

Termination: In a case where the student voluntarily withdraws from the program within 3 days of signing the Enrollment Agreement, a full refund of the application fee, registration fee and any monies applied towards tuition will be given, minus book money. If the student should withdraw from the program after the 3 day period in which the Enrollment Agreement was signed, a tuition refund will be calculated and given according to any fraction of the program paid for but not completed (effective as of the date notice is personally given to TBLC) minus the enrollment fee, first weekend tuition and any book money paid directly to the program.

Dismissal: The dismissed student will receive a tuition refund within 30 days of the effective date, calculated according to any fraction of the program paid for but not completed at the time of dismissal, minus the enrollment fee, first weekend tuition and any book money paid directly to the program

Termination of Program: In such an event that TBLC is unable to teach any of the training programs due to unforeseen circumstances, a tuition refund will be calculated and given according to any fraction of the program paid for but not completed.

All Refunds will be made within 30 days of the effective date

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207.947.7087